

## POST SHORTS

### Recycling schedule



The recycling pickup for Wednesday, July 21, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

### Athletic Center closes early

The Athletic Center, building 3300, will close at 8 p.m., July 19 through 22 to allow for contract cleaning of the facility air ducts. Normal hours will resume on July 23.

Contractors will be working at night to clean air ducts throughout the facility.

The Community Recreation staff apologizes for any inconvenience this may create for patrons, and thanks everyone in advance for their cooperation.

### Social hour at Top of the Bay

Every Friday at Top of the Bay there will be a "social" hour, 4 to 8 p.m. featuring a cash bar, free munchies, and wings available for purchase.

Sponsored by Bank One, [www.bankone.com/](http://www.bankone.com/), and Aberdeen Proving Ground Federal Credit Union, [www.apgfcu.com/](http://www.apgfcu.com/), the Friday gatherings are open to everyone.

For more information, call 410-278-3062.

### USO Night with the Bowie Baysox

Active duty military and their family members are invited to see the Bowie Baysox take on the Reading Phillies, 7:05 p.m., July 21, at Prince George's Stadium in Bowie, Md. There will also be a fireworks display sponsored by Comcast.

Tickets are available for pick up at the USO Office, Community Activities Center, 228 McNair Road, Building 405, Ft. Myer, VA 22211.

For more information, call the USO Ticketline, 703-696-2551.

### Fuel Station closes on Ozone Action Days

When forecasted code "Orange" and code "Red" Ozone Action Days occur, the Directorate of Installation Operations will close government fueling stations from 9 a.m. to 3 p.m. at building 4209 in the Aberdeen Area and building E-4017 in the Edgewood Area.

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# Wright assumes command of the APG Garrison



The shadow of the Aberdeen Proving Ground Garrison guidon points toward the incoming Garrison and deputy installation commander, Col. John T. Wright, right, as he and Col. Mardi U. Mark, outgoing garrison commander, left, and Diane M. Devens, director of the Northeast Region, center, stand at attention during the Garrison Change of Command Ceremony on Fanshaw Field July 8.

Photo by RALPH BROTH

**Yvonne Johnson**  
APG News

Praise for past accomplishments and well-wishes for the future dominated the proceedings of the U.S. Army Garrison Aberdeen Proving Ground Change of Command Ceremony on Fanshaw Field July 8 as Col. Mardi U. Mark turned over the garrison's leadership to Col. John T. Wright.

Diane M. Devens, director of the Northeast Region, Installation Management Agency, hosted the ceremony.

Maj. Gen. John C. Doesburg, commander of APG and the U.S. Army Research, Development and Engineering Command spoke to the assembly.

### Garrison on display

Instead of troops, a display of vehicles and equipment representing the broad spectrum of support provided to the installation lined the parade field.

The directorates of Law Enforcement and Security, Installation Operations, Safety, Health and Environment, Community and Family Activities, and Information Management provided the fire trucks, police units, snow plows, boats, and recreation and visual communications equipment for display.

Garrison activities not represented included the Directorate of Resource Management, Civilian Personnel Advisory Center, Adjutant's Office, Staff Judge Advocate, Equal Employment Office, Chaplain Activities Office,

Internal Review and Audit Compliance Office, and Kirk U.S. Army Health Clinic.

Doesburg said the display was "symbolic of the leadership that is best reflected on the past three years," of Mark's tenure.

"Our world changed dramatically," Doesburg said, recalling the force protection initiatives enacted after 9-11 that were overseen by Mark. "I had to rely on someone to step forward. It's a great thing to have that kind of leader."

Doesburg welcomed Wright and said he "comes with the right credentials for this particular job."

"You can feel confident a great commander has left and a great one is arriving," he said.

Devens described Mark as a bright, energetic, hardworking commander with many accomplishments to her credit.

"All of us at IMA wish her the best of luck and God speed," Devens said.

She welcomed Wright and his family and charged him with two key responsibilities.

"Provide support to Maj. Gen. Doesburg and his tenants and support the Army Transformation," Devens said. "I'm confident you will maintain the high standards set by your predecessor."

Mark thanked all for coming, sending accolades out to Doesburg, the elected officials and their representatives in attendance, the tenant and Garrison organizations, her

See COMMAND, page 2

# FEGLI announces upcoming open season

CPAC

U.S. Office of Personnel Management Director Kay Coles James announced the first open season for the Federal Employees' Group Life Insurance Program since 1999.

The FEGLI 2004 Open Season will be held from Sept. 1 through 30, to celebrate the

50th anniversary of the program.

The FEGLI program consists of basic life insurance coverage and three options, including coverage for up to five times an employee's base salary plus coverage for family members.

In most cases, a new federal employee is automatically

covered by basic life insurance. The types and amounts of coverages available are not changing.

During the open season, employees in eligible positions will be able to enroll in the FEGLI program or increase or change current coverage without having a physical or answering any questions about

their health.

The earliest that newly elected coverage will be effective is Sept. 1, 2005.

OPM will have a special FEGLI 2004 open season Web site set up prior to the start of the open season which will contain more information about the program.

Open season brochures will

be distributed post-wide upon receipt in the Civilian Personnel Advisory Center.

The federal government established the FEGLI program on Aug. 29, 1954. It is the largest group life insurance program in the world, covering over 4 million federal employees and retirees, as well as many of their family members.

# Army Focus: Installations to serve as flagships

**Sgt. 1st Class Marcia Triggs**  
Army News Service

"We have pledged to rid the Army of Camp Swampy — substandard installations," said Geoffrey Prosch, the acting assistant secretary of the Army for Installations and Environment.

When Army Chief of Staff Gen. Peter Schoomaker announced that "Installations as Flagships" would be one of the Army's 16 immediate focus areas, there were already more than 74,000 people working the issue, Prosch said.

The Office of the Assistant

Chief of Staff for Installation Management vowed in 2002 to improve installation business practices by cutting out layers of bureaucracy, and managing its \$15 billion budget through one agency, Prosch said.

Spacious barracks rooms with walk-in closets and homes with garages and driveways had already been built. They are good examples of how ACSIM was working to improve where Soldiers work, train and their families live, Prosch said.

To end the impression that there are "have and have-not installations," all Army posts will operate under Installation

Design Standards, a written policy that will outline what the minimum standards are, officials said.

Right now we are in the process of developing an implementation plan for the Installation Design Standards," said Lt. Col. Paul Mason, chief of the Transformation Team for ACSIM.

"The design standards will give installations a framework for building or renovating billeting, setting up force protection, and landscaping," Mason said. "Installations will then initiate their own Installation Design Guides based on the

standards we outlined in the IDS."

The endeavor is not to make all installations the same, Prosch said, but to ensure consistent quality among Army installations.

The Army Community and Family Support Center is also playing a part by placing family services and Morale, Welfare and Recreation programs on a level plateau, Mason said. Everything from the Child Development Center to the post gym will be managed to standard, he added.

Soldiers should share the same quality of life as those they have pledged to defend,

Mason said. By improving the installation infrastructure, the Army is recruiting and retaining Soldiers and their families, he added.

Residential Communities Initiative, the Army's housing privatization plan, is one of the best things the Army has done for its Soldiers, said Prosch, who spent 31 years as an infantry officer. There are currently 26 RCI contracts serving 31 installations. By 2007, RCI contracts will be awarded to improve 80 percent of the Army housing, Prosch added.

"We're not just building  
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APG Soldier entertains locals

**Yvonne Johnson**  
APG News

The lights are up and the stage is set for what could be a record-breaking musical weekend at Aberdeen Proving Ground.

Morale, Welfare and Recreation presents the Miller Lite Army Entertainment Concert featuring Montgomery Gentry and special guest, Blue County, Saturday, July 17, 8 p.m. Gates open 6:30 p.m.

Baltimore's top Country group, Dean Crawford and the Dunn's River Band will perform for early arrivers in the concert holding area starting between 3 and 4 p.m.

On July 18, MWR brings the First Lady of Gospel, Pastor Shirley Caesar, to APG for an evening of worship and

musical ministry. Appearing with Caesar will be Evelyn Turrentine Agee, the BCD Ensemble, and local choirs and soloists. The concert begins at 5 p.m.; gates open at 3:30 p.m.

### Large fan turnout expected

The biggest names in Country and Gospel are expected to draw more than 11,000 fans to the installation in less than 24 hours, MWR organizers said.

"We expect the Montgomery Gentry audience to eclipse the record 10,000 set by Alabama a few years back," said Marni Allison, chief, MWR programs branch. "Fans are encouraged to arrive early to avoid long waits and congestion at the gates," Allison said.



Fans burst through the gates to jockey for position on Shine Sports Field prior to the 2002 Miller Genuine Draft Army Concert. More than 11,000 fans are expected this weekend.

Photo by LA'MONT HARBISON

The Harford Gate, Route 22, opens 3 p.m. for concertgoers July 17 and 2 p.m., July 18. The Maryland Boulevard

gate will remain open for residents and employees.

In addition, the Post Exchange and Commissary

will close at 4 p.m. to accommodate concert parking.

According to the  
See CONCERT, page 11





Illustration by SEAN KIEF

# Outgoing commander recalls ‘challenging times’ at APG

## Mark offers thanks to workforce and staff

**Yvonne Johnson**  
APG News

As she prepared to depart Aberdeen Proving Ground and retire from the U.S. Army ending a 24-year career, Col. Mardi U. Mark paused to reflect on the events and challenges of her final assignment. Mark assumed command of the APG Garrison July 24, 2001, less than two months before the Sept. 11, 2001, terrorist attacks. With the A-76 Commercial Activities Study in full swing, she announced two months later, in November, that she had extended her assignment by one year to remain at APG throughout the study. During the 32 months that followed, Mark led the garrison as it housed, fed and supported hundreds of troops augmenting APG law enforcement in Operations Noble Eagle I

and II; was designated as a mobilization point for thousands of activated guardsmen and reservists bound for duty in Operations Enduring and Iraqi Freedom; endured a record-breaking snowfall that dumped nearly three feet of snow on the installation in February 2003; and recovered from Tropical Storm Isabel whose record rainfall and high winds wreaked havoc on the state. Looking back, Mark said that it was not her leadership, but the unity shared between APG, the city of Aberdeen and the Harford County community which enabled the proving ground to overcome its hurdles. “They were challenging times, especially after 9-11,” Mark said, “and the installation has grown closer, but this is a close-knit community

thanks to our relationship with our civilian partners. It’s reassuring to know that we have been good citizens and good neighbors.” She said that she takes great pride in having served this “installation of incredible activities.” “APG is definitely a strong installation for the Department of Defense with its research, development, testing, evaluation and training. We do it all,” Mark said. “The workforce has been just as incredible,” she added. “Many have been to Iraq and returned to finish their missions here. And I’ll always remember how they stood up during storms, taking care of their missions to keep the installation running.” With the Most Efficient Organization plan about to go into effect, Mark said that even

more challenges face the APG workforce. “This means that everybody must perform their job, be professional and confident,” Mark said. “You’ve still got to get your mission done. I believe they can do it.” Although she wants to “go out upbeat,” Mark said that leaving APG would be “bittersweet.” “A part of me is looking forward to my new life and another part wants to see another project through,” Mark said. She said her immediate plans include getting settled in her native Pennsylvania and deciding, “What I’m gonna do when I grow up.” Mark said she plans to return to APG to stand in the monthly retirement ceremony in September.



Photo by SEAN KIEF  
Outgoing Aberdeen Proving Ground Garrison commander, Col. Mardi U. Mark, delivers her farewell address during the Garrison Change of Command Ceremony at Fanshaw Field July 8.

“I don’t want to be philosophical,” she said. “I really just want to wish everyone well.” She offered her thanks to the garrison staff. “They took me in three years ago. They’ve been my family and I thank them for it,” Mark said. And to the workforce, service members and dozens of volunteers supporting APG, “Thanks to all who helped make APG a better place to live, work and play,” Mark said. “I feel good leaving here knowing I gave all I had to give.”

### Command

From front page

staff and family, service members, volunteers, and employees of APG. “Thanks for giving me 200 percent,” Mark said. “I thank God for looking after APG

these three years and I pray He will continue to look after APG.” Wright thanked Doesburg and Devens “for their confidence in me.” He thanked the garrison staff for his family’s “warm reception” and the garrison workforce during this period

of transition. “I came here almost 23 years ago as a second lieutenant,” Wright said. “I am looking forward to a bright future for APG.” He added that all orders and policies are to remain in effect. “Sustain, support and defend,” he said.



Photo by RALPH BROTH  
Shortly after assuming command of the APG Garrison, Col. John T. Wright receives a congratulatory kiss from his mother, Jean Wright, during a reception at Top of the Bay after the June 8 Change of Command Ceremony.

# Two ordnance Soldiers receive bronze star medals

**E. C. Starnes**  
U.S. Army Ordnance Corps

They both volunteered for an unknown assignment in Iraq. And, now they both wear Bronze Star Medals for an assignment that one described as “historical, dangerous and rewarding.” Sgt. 1st Class Luke Lepard, 16th Ordnance Battalion, and Staff Sgt. Irvin Collins, 143rd Ordnance Battalion, were presented the medals by the Army’s Chief of Ordnance, Brig. Gen. Mike Lenaers. Both received the awards for their services with the Office of Reconstruction and Humanitarian Assistance and the Coalition Provisional Authority, Operation Iraqi Freedom. Lepard, who is a senior small group leaders with the Noncommissioned Officer Academy’s Advanced Noncommissioned Officer Course, served as the Motor Transportation and Air Movements noncommissioned officer in charge from March 7 to Aug. 1, 2003.

Collins, the S3 Training Noncommissioned Officer for the 143rd Ordnance Battalion, served as the Movement Coordination Center noncommissioned officer in charge from March 7 to July 1, 2003. Lepard recalled that he wasn’t sure what he was getting assigned to when he first volunteered. After a briefing from the 61st Ordnance Brigade’s security personnel, “I was told to report to a specified room number at the Pentagon within 72 hours,” he said. Lepard and Collins were informed they were being assigned to the Joint Chiefs of Staff and would be working on standing up the Office of Reconstruction and Humanitarian Assistance. “The person in charge of the operation,” explained Lepard, “was [retired] Lt. Gen. Jay Gardner, who was best known for being in Desert Storm and working with the Kurds in Northern Iraq. Our group was made up of all senior officers and NCOs, mainly from the Pentagon, and State Department personnel. “I was responsible for ensuring all of our non-tactical vehicles [more than 200 SUVs] were accounted for and maintained,” Lepard said. While this was his primary responsibility, he also took on much more according to Col. Robert D. Costello Jr., who

commanded both NCOs in Iraq. Lepard, a special purpose equipment supervisor, took on the task of bringing the main generators back on line in Saddam Hussein’s presidential palace in Baghdad to support Ambassador Paul Bremmer [and now the Iraqi Governing Council]. “I later went to Kuwait,” he said, “and took charge of the Presidential Envoy flights at the International Port of Deportation. Overall, the mission was historical, dangerous and rewarding. I am proud to have served and represented the 16th Ordnance Battalion, the 61st Ordnance Brigade and the U.S. Army.” Lepard’s Bronze Star certificate reads, in part, “Sergeant First Class Lepard was instrumental in providing combat service support to the interim government in Iraq. His assertive leadership ensured operations were carried out ahead of schedule and with efficient use of scarce resources in an austere combat environment.” Collins, who is a light wheel vehicle mechanic, was in charge of getting the 200 non-tactical vehicles to where they were needed. “I had to ensure that each mission had a military police or cavalry scout escort,” he said. “I was also responsible for coordinating bus transports to different diplomatic venues. In addition, I was tasked to be the military maintenance noncommissioned officer in charge in conjunction with the Kellogg Brown and Root mechanics.”

Collins noted that one of the most vivid memories he has of his assignment was his trip from Kuwait to Baghdad. “The landscape was very barren,” he recalled. “It did not look like people actually lived out there, but they were there. As we got closer to the city, it started to look more urban, old, but more urban. Once I got to the palace where we stayed and worked, it was obvious to me where most of the money that the country had went. It looked like it was all going to the palaces and places where his [Saddam Hussein’s] core support was.” Collins’ Bronze Star certificate reads, in part, “Staff Sergeant Collins efficiently resourced and maintained \$6 million in motor transportation assets. By his selfless dedication, over 300 ground movements were accomplished, enabling the interim government to accomplish historic, nation building operations.” Costello said that he was “thankful for having served with Lepard and Collins. Their leadership and fearlessness was the standard by which most members of the Office of Reconstruction and Humanitarian Assistance measured themselves.” Lepard entered the Army in 1986 and has served in Germany, Fort Drum, N.Y., and Aberdeen Proving Ground. He is married and the father of three daughters and two sons. Collins entered the Army in 1990 and has served in Korea, Fort Riley, Kan., Fort Stewart, Ga., and APG. He is married and the father of two sons.



Photo by E.C. STARNES  
Brig. Gen. Mike Lenaers, Sgt. 1st Class Luke Lepard, Col. Robert Costello Jr., and Staff Sgt. Irvin Collins, stand together during a ceremony in which Collins and Lepard received Bronze Star Medals for their services in Iraq. Lenaers, the chief of Ordnance, presented the awards to both Soldiers. Costello was their commander in Iraq.

## APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: AMSSB-GIM-P, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source. Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by Homestead Publishing Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Homestead Publishing Company of the products or services advertised. For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 2201, AMSSB-GIM-P, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@usag.apg.army.mil. Deadline for copy is Thursday at noon for the following Thursday’s paper.

### Staff

APG Commander .....	Maj. Gen. John C. Doesburg
Public Affairs Officer .....	George P. Mercer
Editor .....	Debi Horne
Editorial Assistant .....	Marguerite Towson
Contract Photojournalists .....	Yvonne Johnson
Graphic Designer/Web Designer .....	Meghan Bowen
Web site .....	Blake Voshell
	www.apgnews.apg.army.mil



# ACS plans annual Family Picnic

ACS Aberdeen Proving Ground's Army Community Service will host its annual family picnic, 11 a.m. to 2 p.m., July 19, at the Maryland Boulevard Picnic Area. Parents and Children Together and Exceptional Family Member Programs, and the Waiting Family Support Group are the three programs featured at this annual event. Last year's event brought more than 200 parents and children.

"We look forward to seeing our family members again this year," said Celestine Beckett, ACS officer. "If you have previously attended an ACS event, you already know that we have a lot of fun. Please plan on attending to renew acquaintances, make new friends, and most importantly, have a great time."

Activities for the day include games, a moon bounce, an obstacle course, puppet show featuring Yello Dyno, Q.T. Pie the clown and face painting and balloon sculpture by Mr. Twister. In addition, there will be free food.

The event is open to all families within the APG community and will be held rain or shine.

"Hopefully, this will bring families together and alert them to services and assistance available through these programs," said Reeshemah Bugg, EFMP program manager.

Free reservation tickets can be picked up at the Aberdeen Area ACS office 8 a.m. to 4:30 p.m., Monday through Friday; and 10 a.m. to 2 p.m., Tuesday or Thursday, at the Edgewood Area ACS office.

Anyone requiring special



Photo by YVONNE JOHNSON  
*A giant crab watches over parents and youths lined up for the moon bounce during the Army Community Service Family Picnic held at the Maryland Boulevard pavilion, June 30, 2003.*

assistance should contact ACS in advance.

For more information or to request assistance, call 410-278-7474/4372/2420.

# DoD announces criteria for global war on terrorism medals

DoD The Defense Department announced Feb. 26 the final approval of the Global War on Terrorism Medals. These medals recognize the significant contributions members of the armed forces bring to bear in combating terrorism in all forms throughout the world — for both current and future operations.

Presidential Executive Order 13289 previously authorized the medals, which come in expeditionary and service versions. The expeditionary medal is for those who deploy to designated combat areas, and the service medal is for those who serve in support of operations to combat terrorism.

Service members authorized the Global War on Terrorism Expeditionary Medal must have deployed overseas for service in the Global War on Terrorism operations on or after Sept. 11, 2001, and to a future date to be determined by the secretary of defense. Initial award of the expeditionary medal is limited to personnel deployed abroad in Operation Enduring Freedom and Operation Iraqi Freedom. The area of eligibility encompasses the United States Central Command area (less the lower Horn of Africa); Middle East; eastern Turkey; Philippines; Diego Garcia; and all air spaces above the land and adjacent water areas.

Each combatant commander has the authority to approve award of the expeditionary medal for personnel deployed within their theater of operation. Under no circumstances are personnel in the United States eligible for the expeditionary medal.

Service members must be assigned, attached or mobilized to a unit participating in designated operations for 30 consecutive days or 60 nonconsecutive days in the area of eligibility, or meet one of the following criteria:

- Be engaged in actual combat against the enemy and under circumstances involving grave danger of death or serious bodily injury from enemy action, regardless of time in the area of eligibility.
- While participating in the designated operation, regardless of time, be killed, wounded or injured requiring medical evacuation from the area of eligibility.

Battle Stars for the expeditionary and service medal, if warranted, may be applicable for personnel who were engaged in actual combat against the enemy and under circumstances involving grave danger of death or serious bodily injury from enemy action. Only a combatant commander can initiate a request for a battle star. The chairman, Joint Chiefs of Staff is the approving authority for battle stars.

Only one award of the expeditionary medal and service medal may be authorized for any individual; therefore, no service stars are prescribed. Personnel may receive both the expeditionary medal and service medal if they meet the requirements of both awards; however, the qualifying period of service used to establish eligibility for one award cannot be used to justify eligibility for the other.

The Global War on Terrorism Expeditionary Medal will be positioned above the Global War on Terrorism Service Medal in precedence; both shall directly follow the Kosovo Campaign Medal.

Each military department will prescribe appropriate regulations for processing awarding and wearing of the medals and ribbons for their service members, to include application procedures for veterans, retirees, and next-of-kin.

In consideration of new military roles in a post-Sept. 11 environment, the department developed these awards for military members to provide flexible and tangible recognition for those serving in the current war against terrorism, a war that spans the globe and includes many diverse campaigns.



Service members must be assigned, attached or mobilized to a unit participating in designated operations for 30 consecutive days or 60 nonconsecutive days in the area of eligibility, or meet one of the following criteria:

- Be engaged in actual combat against the enemy and under circumstances involving grave danger of death or serious bodily injury from enemy action, regardless of time in the area of eligibility;
- While participating in the designated operation, regardless of time, be killed, wounded or injured requiring medical evacuation from the area of eligibility; or
- Be regularly assigned aircrew member flying sorties into, out of, within, or over the area of eligibility in direct support of Operations Enduring Freedom and/or Iraqi Freedom. Each day that one or more sorties are flown in accordance with these criteria shall count as one day toward the 30 or 60-day requirement.

Individuals authorized the Global War on Terrorism Service Medal must have participated in or served in sup-

# Community Notes

SATURDAY

**JULY 17**

**FREEDOM FCU SPONSORS CELEBRATION RUN**

Freedom Federal Credit Union will sponsor the 8th Annual Celebration Run at Harford Memorial Hospital in Havre de Grace. This 5-K Run and Fun Walk will take place 8 a.m. to noon with registration from 7:30 to 8:15 a.m.

Proceeds will benefit the planned renovations of Harford Memorial Hospital through the Upper Chesapeake Health Foundation.

Attendees can enjoy refreshments, games, and receive health checks from the HealthLink van.

For more information, call HealthLink, 1-800-515-0044.

TUESDAY

**JULY 20**

**CHECKING ACCOUNT MAINTENANCE**

A free Checking Account Maintenance Seminar will be offered by Aberdeen Proving Ground Federal Credit Union 6 to 7 p.m. at the Community Meeting Room in the APGFCU Operations Center in Edgewood, 1321 Pulaski Highway.

Topics include benefits of using a checking account, finding the right checking account, keeping an account in balance, saving time and money with technology, and protecting an account from fraud. The seminar is open to the public.

To reserve a space, call 410-893-7359 or e-mail edteam@apgfcu.com.

THURSDAY

**JULY 22**

**HOME BUYING SEMINAR**

A free Home Buying Seminar will be offered by Aberdeen Proving Ground Federal Credit Union 6 to 7:30 p.m. at the Community Meeting Room in the APGFCU Operations Center in Edgewood, 1321 Pulaski Highway.

Guest speaker Cathy Werner of RE/MAX American Dream will cover topics such as reasons for buying, market analysis, qualifying for a mortgage, contract of sale, negotiating the best deal and home inspections. The seminar is open to the public.

To reserve a space, call 410-272-4000 or 1-800-225-2555, ext. 5451.

MONDAY

**AUGUST 16**

**PINK RIBBON CLASSIC GOLF TOURNAMENT**

Upper Chesapeake Medical Center and The Harry and Jeanette Weinberg Cancer Institute at Franklin Square will sponsor the American Cancer Society Pink Ribbon Classic Golf Tournament at Winters Run Golf Club with a 9 a.m. shotgun start.

The cost to play is \$150 per person or \$500 for a foursome. Each player will receive free breakfast and a buffet lunch.

For more information or to participate, call Todd Sullivan at the American Cancer Society at 410-933-5142, or e-mail todd.sullivan@cancer.org.

## MOVIES

**ADMISSION: ADULTS \$3, CHILDREN \$1.50 -- Building 3245 Aberdeen Boulevard  
To verify listing, call 410-272-7520.**

**THE STEPFORD WIVES**

**FRIDAY, JULY 16, 7 P.M.**

Starring: Nicole Kidman, Bette Midler

Joanna Eberhart, a wildly successful president of a TV network, after a series of shocking events, suffers a nervous breakdown and is moved by her milquetoast of a husband, Walter, from Manhattan to the chic, upper-class and very modern planned community of Stepford, Conn. Once there, she makes good friends with the acerbic Bobbie Markowitz, a Jewish writer who's also a recovering alcoholic. Together they find out, much to their growing horror, that all the housewives in town are strangely blissful, and somehow... doomed. (Rated PG-13)

**HARRY POTTER AND THE PRISONER OF AZKABAN (FREE ADMISSION)**

**SATURDAY, JULY 17, 7 P.M.**

Starring: Daniel Radcliffe, Rupert Grint

A dangerous mass murderer, Sirius Black, has escaped the Azkaban Fortress and there's only one thing he wants: Harry. While learning to cope



with the 'Dementors' sent to protect Hogwarts, school of witchcraft and wizardry, Harry learns the disturbing story of Sirius Black and yet more of his own history. (Rated PG)

**THE CHRONICLES OF RIDDICK**

**SATURDAY, JULY 17, 9 P.M.**

Starring: Vin Diesel, Judi Dench

Riddick (Diesel), now a hunted man, finds himself in the middle of two opposing forces in a major crusade. Lord Marshal, a warrior priest, is the leader of a sect that is waging the 10th and perhaps final crusade 500 years in the future. Aereon (Dench) is an ambassador from the Elemental race. She is an ethereal being who helps Riddick unearth his origins. (Rated PG-13)



Post Shorts

Compressed natural gas and diesel fuel pumps will remain open during forecasted OADs. The use of compressed natural gas in dual fuel vehicles is strongly encouraged to reduce harmful air emissions, especially on a declared OAD.

In the event of an emergency, i.e., an emergency vehicle needs refueling between 9 a.m. to 3 p.m., call 410-278-2871/3414 or 410-436-3270 to request DIO personnel to open the pumps.

Military Christian Center schedules trips for Soldiers

The Military Christian Center, a home away from home for Soldiers, provides trips to local area sites.

July 17, White Marsh Shopping Mall (1:30 p.m.)

July 18, Baltimore Inner Harbor (9 a.m.)

July 24, Arundel Mills Shopping (1:30 p.m.)

Aug. 1, Washington, D.C. (6:30 a.m.)

All trips request a donation of \$2. To reserve a seat, call 410-272-1144 after 8 p.m. on Friday evenings.

The center is open Friday evening through Sunday at 16 North Philadelphia Blvd., Aberdeen. Free home-cooked meals and facilities are available.

The center will provide transportation via a phone call.

EA community yard sale scheduled

The Edgewood Area of APG will hold its community yard sale 8 a.m. to 4 p.m., July 24 and 25. Rain date will be July 31 and Aug. 1.

Participating housing areas include Everette Road, Deer Run, Skippers Point, Clearview Drive, Chevron Drive and Austin Road.

The Community Life Mayoral Program is sponsoring the yard sale.

Post Retention Office relocates

The post retention office is now located on the 2nd floor of the Janet M. Barr Soldier Support Center, building 4305, room 236. There will be no lapse in service to Soldiers and their families. The new phone numbers are 306-2769/2053/2054; the new fax number is 410-306-2055. For more information, call Master Sgt. Elijah Mobley, 278-2769.

Register for softball tournament

The first APG Slugfest Softball Tournament, round robin with double elimination, will be held July 24 and 25 on Shine Sports Field. The tournament is open to everyone.

Teams from as far away as Virginia will be competing. Entry fee is \$200. Teams can consist of up to 15 members. Teams will hit their own 47

core softballs. Prizes will be awarded to first and second place teams. Deadline to register is July 21.

To register, call Sgt. 1st Class James Smith 410-278-2762/4024.

Chapel holds Vacation Bible School

“Jesus Helps You Power up” is the theme of this year’s Vacation Bible School, 6 to 8:30 p.m., Aug. 2 through 6, at the AA Post Chapel.

The program is for children ages 3 through 12th grade.

For more information, to register, or to volunteer, call the Chapel office at 410-278-4333.

Openings for CID special agents

The U.S. Army Criminal Investigation Command is currently seeking qualified applicants to become highly trained, federal law enforcement special agents.

CID agents have many opportunities to receive training at the FBI National Academy, the Canadian Police College, and Washington University to pursue a master’s degree in forensic science.

For additional information, contact Aberdeen Proving Ground Resident Agency CID at 410-278-5261. For more information regarding the application process, visit Web site, [www.CID.Army.mil](http://www.CID.Army.mil), or visit the Army Knowledge Online (AKO) Web site, and go to the CID link under “MACOM.”

YC holds Summer Basketball Camp

Bill Lewit, head coach of the Cecil Community College players, will instruct summer basketball camp at the Aberdeen Area Youth Center, building 2752.

The camp will teach the fundamentals of basketball including passing, shooting, dribbling, rebounding, defense, team play and sportsmanship.

There will be three-on-three and five-on-five league games, and foul shooting and hotshot competitions. Cost is \$50 per CYS member and \$55 per guest. Youths must be registered at the AA and EA Youth Centers by noon, July 22.

Summer basketball camp

will be held 6 to 9 p.m., July 26 through 30, for boys and girls in incoming grades 4 through 9.

Youths should bring desire, heart, sneakers, athletic shorts and shirt.

For more information, call Bill Kegley, 410-306-2297, or e-mail [william.kegley@usag.apg.army.mil](mailto:william.kegley@usag.apg.army.mil).

AA meetings held at APG chapel

Alcoholics Anonymous meets at the Aberdeen Post Chapel, building 2485, every Tuesday from 11:30 a.m. to 12:30 p.m.

For more information, call 410-278-4333.

Christian coffee-house opens

The Coffee Grounds, a Christian coffeehouse, is now open 7 to 9 p.m., Thursday, and 7 to 10 p.m., Saturday evenings in building 4308, at the intersection of Susquehanna and Erie boulevards. Everyone is welcome to attend.

Live bands, open mike nights, and various readings are scheduled for Saturday nights.

Both nights feature coffee and snacks in a Christian gathering.

For more information, call Chaplain (Capt.) Mike Curtis at 410-278-3976.

Reserve Capa Field now

The Civilian Welfare Fund is taking reservations for CAPA Field, for personal use. The fee is \$200 per day. For more information, call Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.

Women’s Equality Day Essay Contest

All military, civilian, and family members within the Aberdeen and Edgewood Area communities are welcome to participate in the Women’s Equality Day Essay and Display contest. The theme is Celebrating Women’s Right to Vote.

The deadline for submitting essays is Aug. 16. Plaques will be awarded to two winners in each category at 3 p.m., Aug. 24, on the second floor of building 3071. Displays may include models, posters and/or collages. Essays must be double-spaced, 12 font and two to four pages long.

For more information, call

Master Sgt. Arbel Connor, 410-278-2529, Sgt. 1st Class McCormick, 410-278-5598, or Sgt. 1st Class Ahmed, 410-436-1076.

Paid volunteers needed

The U.S. Army Research Laboratory will be conducting multiple studies in July and August at Aberdeen Proving Ground. Paid listeners need to be 18- to 40-years old, with normal hearing.

The listening time for each study is 2 to 4 hours. Each listener will be paid \$15 to \$20 per hour for each study. You may participate in one or more studies.

Interested volunteers should contact Gloria Diehl 410-278-5967 or e-mail [Gdiehl@arl.army.mil](mailto:Gdiehl@arl.army.mil).



# CarboPack restores energy



Photo by SARAH UNDERHILL  
*The CarboPack combines two Gatorade-like drink mixes and an energy bar wrapped in a pouch.*

**Curt Biberdorf**  
*U.S. Army Soldier Systems Center*

Extra energy for strenuous military operations is now conveniently supplied with the Carbohydrate Supplement

Pack, or CarboPack, developed at the U.S. Army Soldier Systems Center in Natick, Mass.

The CarboPack contains one carbohydrate-rich bar and two packages of flavored carbohydrate-electrolyte sports beverage powder to mix two eight-ounce servings, and is intended to complement current and future military rations.

“Studies show that Soldiers in intense, prolonged physical activity for more than three hours need the calories beyond what’s provided in rations,” said Julie Edwards, a food technologist at SSC Department of Defense Combat Feeding Directorate. “Most of what they need is provided in their rations. This is designed to make up the difference in calorie needs during prolonged

exercise.”

The CarboPack adds another 400 calories to the battlefield diet. By comparison, a day’s worth of Meals, Ready-to-Eat (MRE) is more than 3,600 calories.

Research that went into the CarboPack will give troops a product that’s proven to perform while saving troops money.

“We identified a need because Soldiers were buying their own bars and drinks,” Edwards said, which opened up potential pitfalls. “By providing Soldiers with the right products, we can decrease the chances that the Soldier will bring the wrong type of item to the field with them that may potentially hurt their performance.”

Combat Feeding’s Individual Combat Ration Team, the

U.S. Army Research Institute of Environmental Medicine at Natick, Office of the Surgeon General and Army Center of Excellence Subsistence worked together on product guidelines.

The drink mix is similar to Gatorade, with a combination of electrolytes and carbohydrates meeting military specifications, according to Edwards, and has a lower sugar content than an MRE mix. Fruit punch, grape, orange and lemon-lime flavors were chosen because they are the most popular for this type of beverage, and each CarboPack holds two different flavors.

Each mix is stored in a trilaminar pouch with a tear-off top used to pour in water, shake and drink so warfighters can avoid using a separate

drink holder, such as their canteen cup.

A resealable drink pouch was one of the recommendations of Soldiers from Fort Campbell, Ky., and Fort Polk, La., who participated in focus groups and evaluations, and is in development, Edwards said.

The drink pouches are folded over twice and fit inside another trilaminar pouch along with the bar wrapped in the original manufacturer’s package.

Chocolate and apple cinnamon HooAH!, and oatmeal-raisin and chocolate bars similar to Gatorade and PowerBar brands were chosen as the energy bars because of their nutritional content, acceptability rating in taste-testing and ability to reach at least a two-year shelf life, Edwards said.

All three types in their

respective flavors will be represented in the CarboPacks. Having a variety of products and flavors for the drinks and bars helps increase acceptability and consumption, she said.

‘HooAH!’ is a creation of the Combat Feeding food scientists and is getting another opportunity to be fielded as a new commercial manufacturer has picked up the production.

Another product evaluated was commercial gels, but they were a concern of the Soldiers because the gels would burst inside their full rucksacks, Edwards said. They will be considered again when the packaging of the product has improved.

For more information on the Soldier Systems Center, visit Web site <http://www.natick.army.mil>

# Manikin returns to thermal testing



Photos by SARAH UNDERHILL  
*The U.S. Army Research Institute of Environmental Medicine’s revamped articulated thermal manikin called “Uncle Wiggly” rests in its own climate-controlled test chamber ready to measure thermal and vapor resistance values of clothing ensembles.*

**Curt Biberdorf**  
*U.S. Army Soldier Systems Center*

Uncle Wiggly, the 20-year-old articulated thermal manikin at the U.S. Army Research Institute of Environmental Medicine, has new life after a major component upgrade during the past year was completed earlier this year.

The manikin’s original cop-

per-plated shell, cast aluminum joints, heaters and sensors remain, but a thermal control system consisting of signal conditioning, heater drivers and computer software, and a computer-controlled sweating system were installed by Measurement Technology Northwest in Seattle, Wash., into the existing body to create a product unlike any other.

“It’s really amazing. You don’t realize it until you see (other thermal manikins),” said Julio Gonzalez, a research scientist in RIEM’s Biophysics and Biomedical Modeling Division at the U.S. Army Soldier Systems Center in Natick, Mass. “With the unique way it’s built and operates, I don’t think they’ll make another one like this.”

Researchers have used thermal manikins to measure thermal and water vapor resistance values of clothing since the 1940s to help improve functional performance and thermal comfort.

The values are also incorporated into practical human performance models by the division to predict work/rest cycles, maximum work times and water consumption requirements, according to Gonzalez.

“It all started as a way to predict Soldier performance in the field,” he said. “The modeling results then can tell how long personnel can safely operate in certain environmental conditions.”

USARIEM started using Uncle Wiggly in 1984 during a push in the 1980s by the Army to completely redesign military clothing systems using a variety of new technologies and materials, such as Gore-Tex and Thinsulate.

The manikin has 19 individual heating zones and swings its arms and legs to simulate walking at speeds up to 3 mph. Testing is conducted in its own chamber controlled for temperature, humidity and wind

speed provided by a fan.

Still functional, the original manikin had become increasingly difficult to operate with slow computer processing power and parts that were wearing out. All data was printed out and then entered by hand into a computer to calculate wet and dry insulation values of various prototype military uniform ensembles. If testing wasn’t closely monitored, previous measurements could be lost, and results were difficult to repeat.

“Now we’re able to collect data in real time on a Windows-based computer, and all the data is saved automatically. I can open the file later to analyze the numbers,” Gonzalez said.

Measuring dry insulation values was demanding, but measuring water vapor transfer through the clothing was worse.

Before the upgrades, he had to simulate sweating of the manikin by applying water to an all-cotton layer “artificial skin” without getting the actual test clothing wet.

“You had to undress the manikin, spray the cotton skin with water, then quickly redress it and pray that it didn’t dry too soon,” Gonzalez said.

The upgraded Uncle Wiggly sweats automatically through a series of valves and hoses that pump water through dozens of “weep holes” drilled through the metal. They provide even and adjustable water distribution along the 19 sections, which are still independently heated.

One power supply replaces 19 power supplies. Each zone has its own easily replaceable plug-and-play microcontroller to oversee temperature and fluid control and measurement. Measurement updates are shown every second instead of every 20 seconds.

Measurement Technology Northwest’s computer software uses color-coded manikin pictorial displays, selectable for any manikin variable.

It provides automatic steady-state detection, helpful in identifying the desired manikin temperature.

The operator can also program a work cycle simulation, and view an instantaneous bar graph and time history line graph for any selected manikin variable.

“I can take just a small portion of the graph, zoom in on a selected time period, and then get a good high and low point

to get a good average measurement,” he said. “You can tell the (thermal resistance) value in a specific region on the manikin or part of the clothing and even add or subtract a piece of clothing without having to rerun the entire test.”

Microclimate cooling vests are easily tested now because the manikin automatically calculates the number of watts of heat removed with the garment.

Gonzalez said the new capabilities will enable him to cut testing time in half. He conducted his first comparative test with the improved manikin wearing a Temperate Battle Dress Uniform. Calibrated and validated against the old system, he and Uncle Wiggly are ready to resume testing for the next generation of uniforms.

For more information, visit <http://www.usariem.army.mil> or <http://www.natick.army.mil>.



*The chest cavity of the manikin shows its new components, including a series of valves and hoses that pump water through dozens of “weep holes” drilled through the metal used to simulate sweating.*

# Medical shelter latest to use airbeam technology

**Curt Biberdorf**  
*U.S. Army Soldier Systems Center*

Unpack, unroll and inflate. With airbeams, setting up a soft shelter is that easy, and the Future Medical Shelter System is the latest effort of the Fabric Structures Team at the U.S. Army Soldier Systems Center here using the technology.

The Future Medical Shelter System is an advanced medical shelter designed to be the next-generation Chemically Protected Deployable Medical Systems (CP DEPMEDS) to improve shelter quality for medical personnel, according to Amy Leighton, a chemical engineer on the Fabric Structures Team.

“Our main driver is to allow Soldiers to rapidly deploy and allow medical personnel to quickly get to work in a clean environment,” she said. “Even if there’s not an immediate (chemical or biological agent contamination) threat, it gets them out of the dust and sand.”

The current CP DEPMEDS connects a series of TEMPER tents and ISO containers linked together with passageways to offer nearly 32,000 square feet of treatment space. Up to 140 staff members can treat as many as 236 patients for three days in a clean, climate-controlled atmosphere.

As a forward-deployed

combat support hospital, mobility is high priority. This type of treatment facility gives troops immediate medical care to stabilize them enough to transfer to a more permanent hospital if necessary, according to Leighton.

Reduced logistics and speedy setup and takedown are prominent advantages of the new system.

A 64-foot length of connected TEMPER tents takes 18 troops about 40 minutes to set up compared to four troops in 15-20 minutes for the same length of airbeam shelters. Instead of locating, connecting and inserting the metal frame parts into the TEMPER tents, troops handle a single item with four airbeams integrated into the rugged yet lighter fabric of each 32-foot section of the Future Medical System shelter.

Once spread out, the airbeams are inflated to 40 psi with a commercial air compressor that automatically shuts off when filled. A generator is needed to power the compressor, although one variation of the system uses a self-powered air compressor operating on liquid fuel. The tent is then anchored into the ground with stakes for stability.

Weight of the shelter plummets from nearly 2,700

pounds to 1,200 pounds. Manufactured by Vertigo, Inc. in Lake Elsinore, Calif., the braided high-strength polyester material of the airbeams has also cut the cost significantly and improved durability, Leighton said.

“Some people are under the impression that you have to frequently check the (air) pressure,” she said. “It’s a lot more reliable today. Leakage had been a problem. You had to check the pressure every few days to every few weeks, but we’ve had shelters like this up for months at a time without losing pressure.”

Higher pressure allows the Future Medical Shelter System to be designed with four instead of eight airbeams. The Chemical and Biological Protected Shelter now fielded uses low-pressure beams while the developmental Wide Span Air Beam Shelter for aircraft maintenance uses high pressure.

In development for about one year, the Future Medical Shelter System was first demonstrated at the Soldier Systems Center in October. Two 32-foot by 20-foot modular airbeam tents were connected, representing pre- and post-operative care areas. Leighton said it’s the first time two airbeam tents have been

connected.

“This gives medical personnel an open architecture without connecting passageways or tent poles obstructing their view,” she said. “That’s important so that staff can see a larger area and watch patients more easily.”

As with the CP DEPMEDS, a system of litter and ambulatory airlocks, protective entrances, blowers and filters will be included in the system.

Contaminated air is kept out by creating a steady overpressure by drawing in outside air, filtering it and then blowing it into the shelters. Lighting and power distribution are standard items with an optional hard flooring available.

The Fabric Structures Team and Vertigo have scheduled another demonstration of the Future Medical System in Fort Detrick, Md., in February. The next step will be to take shelters to training sites for further evaluation.

Although the major push is with medical shelters, shelters for other uses, such as command posts, may adopt the technology in years ahead, Leighton said.

For more information about the Soldier Systems Center, visit Web site <http://www.natick.army.mil>.



Photo courtesy of U.S. Army  
*Litter and ambulatory airlocks are installed at the end of the shelter.*



Photo courtesy of U.S. Army  
*Lighting and power distribution are standard in the Future Medical Shelter System.*



# Ignorance of the law—no excuse to avoid liability

**Diane Schneider**  
*ACA DOC-APG*

Recent Government Accounting Office reports emphasize the need to educate all government purchase card participants to ensure public funds are spent appropriately. Most cardholders and billing officials are not well versed in appropriations law, nor should they be, however, ignorance of this law is not an acceptable excuse to avoid liability. Unauthorized services and supplies and those nonessential to the mission shall not be

obtained with the GPC under any circumstances. Following orders of a superior, heavy workload, good work or service record, lack of experience, supervision, or training; or financial hardship are not factors for relief from liability related to GPC fraud/misuse. To ensure the propriety of purchasing certain items, cardholders are responsible for ensuring these purchases are properly documented, and legal approvals are obtained from their servicing legal office prior to purchasing: advertising

any form of entertainment bottled water business cards clothing commander's coins commemorative items conferences speaker's fees employee convenience items flowers and greeting cards light refreshments served at official meetings or lodging, rental cars and other travel costs luggage and briefcases office decorations and plants paper plates, paper cups,

napkins, plastic cutlery, other personal stationary printing not through GPO professional licensure professional memberships refrigerators, microwaves, coffeepots, food, beverages seasonal decorations similar items advertising training in the next fiscal year working lunches This list of questionable purchases is not all-inclusive. Cardholders should contact request legal advice prior to purchasing any items that would cause one to question

the appropriate expenditure of taxpayer money. Individuals involved in spending taxpayer money hold a public trust. Government purchase card participants must ensure the highest ethical standards and sound business judgment are always applied when obligating government funds. Intentional use of the GPC for other than official government business may be considered an attempt to commit fraud against the U.S. government. Fraudulent use of the GPC

is a violation of the U.S. Code, and a violation of the Uniform Code of Military Justice, for those in the military. Non-criminal misuse of the GPC may result in the immediate cancellation of an individual's card, pecuniary liability, and negative administrative or disciplinary action against the cardholder or billing official. For additional information regarding the Government Purchase Card Program, visit the APG DOC Web site, <http://www.apg.army.mil/aca/> or e-mail questions to credit-card@apg.army.mil.

## Health & Safety

# Arresting aggressive driving

*Chesapeake Region  
Safety Council*

Drivers who operate vehicles in a way that endangers other people and property - such as improper passing, weaving in and out of traffic, or following too closely - compromise their safety and everyone around them. Aggressive driving typically encompasses: speeding, tailgating, frequent and sudden lane changes, failure to yield right-of-way, and disregarding traffic signals. These types of behaviors

cause over 50 percent of all crashes. Seemingly harmless maneuvers can be considered aggressive when performed knowingly or without regard for other drivers. These drivers can then become aggressive. Aggressive driving can escalate into "road rage," which is defined as "using a vehicle as a weapon with intent to do harm or physical assault of an individual as a result of a traffic occurrence." Committing road rage is a criminal offense.

Even drivers who are courteous and obey traffic laws can become targets of aggressive drivers. It's always important to stay aware, watch for aggressive drivers, and drive defensively. **Safety tips** • Driving is not a win or lose situation. The only winners are those drivers who reach their destination safely; allow other vehicles to pass and make room ahead of your vehicle. • Aggressive driving only

leads to more aggressive driving. In general, the more courtesy a driver gives to others, the more they get back. • Time spent in a car is not time wasted. Driving doesn't have to be a nervous, anxious experience focused on hurrying to a destination. Let it be personal time spent in a personal space. Listen to music, or think about something pleasant. Make the space inside the vehicle comfortable. • Drive in the appropriate lane and allow enough distance between your vehicle

and the one ahead of you. • Don't worry about the behavior of other drivers; concentrate on driving safely. • Plan trips to avoid feeling rushed. Let the trip be relaxing. • Don't drive when angry, upset or tired. • Personalize other drivers. Remember that every driver is someone's family member or friend. *(Editor's note: As of July 1, The Safety Council of Maryland expanded into Delaware and is now the Chesapeake Region Safety*



*Council. This change reflects the territory serving Maryland, Delaware and the Washington D.C. Metropolitan Area.)*

# Depleted uranium exposure health risk low

*Office of The Surgeon  
General/U.S. Army Medical  
Command Public Affairs Office*

Testing so far indicates that U.S. troops need not be concerned about exposure to depleted uranium, military health experts say. About a thousand troops have been urine-tested, based on reports that they might have been exposed to depleted uranium during combat in Iraq. The substance, 40 percent less radioactive than natural uranium, is used in anti-armor projectiles and some forms of vehicle armor. Out of a thousand Soldiers, three with actual depleted-uranium fragments in their bodies did have higher-than-normal levels of uranium in their urine, but none showed any adverse health effects, officials say.

Some New York National Guard Soldiers from the 442nd Military Police Company have expressed concerns about health symptoms they believed to be related to DU exposure. However, military urine tests on Soldiers from that unit who requested testing have found normal levels of urine uranium, according to Pentagon health officials. Outside the body, DU is harmless. Inside the body, enough of it could cause problems; however, the good news is that laboratory testing has shown that, for the majority of the Soldiers tested, the amount of DU taken into the body is so low that the health risk is extremely low. It is quite difficult to get much DU inside the body - basically one must breathe in the dust during or shortly after a weapons strike

or carry fragments of DU in one's body. Even then the risk is extremely low. The Veterans Administration Depleted Uranium Follow-Up Program has continued tracking some 70 service members who have elevated levels of DU in their urine, some of whom are carrying DU fragments from the 1991 Persian Gulf War. They excrete more than the normal amount of uranium, but their kidneys (the most vulnerable organ) are normal and none show any health complications due to DU. Despite that, the Army has adopted a liberal policy on testing to reassure Soldiers. Army Surgeon General and U.S. Army Medical Command Commander Lt. Gen. James B. Peake reinforced that point in a memo to the field, which he

wrote concerning the testing decision. "This decision must be based on good Health Care Provider and patient interactions. If a urine bioassay is needed or the patient expresses a valid concern about potential exposure to DU and requests a urine bioassay, then one should be ordered. Our continued use of open communications and adherence to standards of care as expressed in clinical practice guidelines are key in supporting our Soldiers," Peake wrote. The Army medical policy on DU testing includes: • Soldiers with embedded metal fragments that might include DU. • Soldiers in, on or near (less than 55 yards) an armored vehicle at the time or shortly after it was struck by a

DU weapon. • Soldiers who routinely enter damaged vehicles or fight fires involving DU munitions as part of their military jobs. • Soldiers with incidental exposure to DU are not routinely tested. However, a doctor may order testing based on medical indications or on the individual's request. Each tested Soldier provides a 24-hour urine specimen. Analyses are made to determine the amount of uranium in the specimen and if the specimen contains natural uranium, depleted uranium or a mixture of both. The uranium concentration is compared to dietary uranium concentration levels and, if elevated or indicative of containing depleted uranium, then further assessments are performed.

The results of the assessments are compared to occupational standards and guidelines. The methodology is well established, widely accepted, and uses reliable instrumentation. Uranium occurs naturally in air, food and water. Based on over half a century of research on uranium effects, DU does not cause the kinds of problems some Soldiers have experienced - headaches, rashes, kidney stones or frequent urination. However, Soldiers who experience such symptoms deserve and will receive state-of-the-art medical care. Urine analyses have been performed by the U.S. Army Center for Health Promotion and Preventive Medicine, the Armed Forces Institute of Pathology and the U.S. Centers for Disease Control and Prevention.

## The APG Forum

# Self and spirit - Who shines?



**Chaplain (Maj.)  
Joseph L. Di Gregorio**  
*USAGAP*

It used to be said that God helps those who help themselves. But the prevailing wisdom today is: There is no help from God. You can only help yourself. The market place rings with

the teachings about self-help. A few years ago their gospel was the buildup of self through inner awareness, the wisdom of Guru X, the techniques of system Y and the mantras of meditation Z. Today the tune has changed considerably. Away with the passive repose of inner searches. Bring on the assertive therapies. Since people are trying to push you around, the best thing you can do is to push them first. While this approach may help some excessively timid and bashful souls, it is most likely just another way for bullies to improve on their techniques and justify their boorish behavior. What is the substance of the

new self-held teachings? Personal happiness and success is the most important thing in life. Other people's desires, rights and values are important only if they help ME. Nothing I do is wrong unless it makes me unhappy. Guilt is a purely subjective feeling. Guilt is always bad and should not be considered a useful response to any results of my behavior. I should only get involved in worthwhile causes when they enhance my success and happiness. As one of these promoters put it: "By the time you accept my teaching, you will have fallen in love with a very special person...you." Now no one will quibble about the need to love, respect

and reverence one's self. Jesus tells us that we are to love others as we love ourselves. Jesus was also insistent in tying this advice to a loving trust in God. He knew that once we eliminate the divine dimension from the story, we are doomed to be an egotistic self-helper. It's all very commercial. Push pays off. The end result, however, is tragic, both for the pusher and the pushee. The selfishly assertive wind up lonely because they only cared about themselves. The ones they wounded are equally lonely, looking for someone to help them. The Bible teaches clearly that the spiritual horizon is critical for human fulfillment. Self-help without God sheds

nothing but darkness. Linked to the Lord, the self will shed a 'spiritual' light as cheerful as the dawn. St. Paul says that he refuses a human wisdom without the cross. He found that in the mystery of the cross, the spirit endowed humanity with the conviction and energy needed to love others. Jesus tells the people of faith that they will be the salt of the earth, the city on the hill and the light to be seen. Such people are signs of encouragement to the world, not symbols of self-enclosed bitterness. The drift of the helping experience runs in cycles. Sometimes the mood is all divine. Let God do it. In other periods, such as our

own, the theme is totally human. Let me do it. History is a record of these shifts from exaggerated dependence on God to excessive reliance on self. Those who throw themselves on God, while doing nothing for themselves, desire a divine welfare state. Those who shift only for themselves produce a state of moral anarchy. The only correct way is produced by the tension between faith reliance on God and human reliance on self. When the two mesh with some grace and poise, the kingdom of God and human happiness can really occur. It's always a hard won lesson, but one that can indeed be learned. God bless you.

**Letter to the Editor—An honor to serve** For so many of you, your recent experience in service to our country has changed your life. You will never see the world, your fellow servicemen and women, your family, or loved ones quite the same. Even if you are not among those facing extraordinary risks and hardship, you surely are close to others who are. And whether these changes

are welcome or not, they are inescapable. We are left to make the most and best of them. All of us at Sierra Military Health Services now confront a change of our own, change that is likely a fraction of what you have experienced. In a few months, on August 31, 2004, our contract to serve you will end. Health Net Federal Services will assume our many

roles and responsibilities in delivering TRICARE benefits, including the management of the civilian provider network, customer service centers, telephone support, and so much more. And while we join the Department of Defense and Health Net in their focus on a smooth transition, you will no doubt notice some change. I'm confident it is change you

will manage well. There's a poster hanging not far from my office. It says, "A nation is only as great as it is grateful." It suggests we have a responsibility, indeed an obligation, to honor those whose work is important to each of us and to our country. The transition to Health Net means that this may be the last opportunity I may have to

write to you. So, while I hope we at Sierra Military never have failed to express our gratitude, let there be no question. Your work has refreshed America's sense of honor and pride in the men and women who wear the uniform. I personally am deeply grateful, and I know I speak for every one of hundreds of Sierra employees in expressing our thanks for the privilege

to serve you. Indeed, it has been an honor. We have worked hard each day to achieve the level of care and performance as reflected in our slogan - "Service fit for heroes." Thank you once again, and take care. David R. Nelson President Sierra Military Health Services, LLC





# Morale, Welfare & Recreation

## Activities

MWR has exciting and entertaining events planned for APG. Upcoming concerts include the Miller Lite Army Concert Tour presenting

Montgomery Gentry and Blue County on July 17. Shirley Caesar returns to APG for another concert July 18.

To learn more, visit the MWR Website, <http://www.apgmwr.com> or call 410-278-4497.

### Athletic Center closes early

The Athletic Center, building 3300, will close at 8 p.m., July 19 through 22 to allow for contract cleaning of the facility air ducts. Normal hours will resume on July 23.

Contractors will be working at night to clean air ducts throughout the facility.

The Community Recreation staff apologizes for any inconvenience that this may create for patrons and thanks everyone in advance for their cooperation.

### Methods of registration

Register for any MWR event by visiting the specific facility for the event, mailing in a registration form found in an MWR Program Brochure, visiting MWR Registration, building 3326, or visiting online at [www.apgmwr.com](http://www.apgmwr.com).

### Social Hour at Top of the Bay

A "social" hour, 4 to 8 p.m. will be held in the Gunpowder Lounge at Top of the Bay every Friday. A cash bar and free munchies and wings are available for purchase.

Sponsored by Bank One, <http://www.bankone.com/>, and Aberdeen Proving Ground Federal Credit Union, <http://www.apgfcu.com/>, a cash bar and free munchies will be open to everyone.

For more information, call 410-278-3062.

### School's out, Chesapeake Challenge is in

The Chesapeake Challenge Amusement Park is fully operational through September. Hours are 5 to 9 p.m., Monday through Thursday; 5 to 10 p.m., Friday; 1 to 10 p.m., Saturday; and 1 to 8 p.m.,

Sundays and holidays.

Amusements include Go-Kart rides, miniature golf, batting cages and arcade room.

Go-kart riders must be 54 inches or taller to ride single.

Parties, special events and group packages are also available.

For more information or to get group rates, contact Outdoor Recreation at 410-278-4124 or e-mail [outdoor.recreation@usag.apg.army.mil](mailto:outdoor.recreation@usag.apg.army.mil).

### Collect Striker toys during Bowling for Bucks

Through Aug. 31, the APG Bowling Center will be offering Bowling for Bucks, the popular series that allows customers to purchase bowling bucks to buy prizes at the auction party at the end of the 2-month promotion.

Collect Bowling Bucks to purchase one of three 9-inch

Striker toys, adorable plush collectibles, available with every purchase of \$5 or more.

In addition to food and beverage specials, music, free or discounted bowling and other specials, customers can bid on a 36" Striker doll, a 7-day vacation package from [www.GovArm.com](http://www.GovArm.com) and Trading Places, Harley-Davidson shirts, coolers, any remaining 9-inch Striker toys, bowling parties and more.

For more information, visit the APG Bowling Center; call 410-278-4041; or visit the MWR Website, [www.apgmwr.com](http://www.apgmwr.com).

### Volunteers Needed

Edgewood Arts and Crafts is looking for volunteers to help during the summer months, 1 to 9 p.m., Thursday and 5 to 9 p.m., Friday and Saturday.

To sign up or for more information, call Holly Shisler at 410-436-2153.

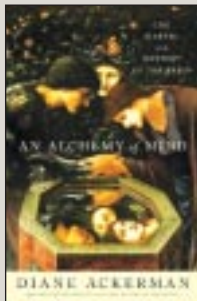
## LIBRARY BOOK CORNER

**Operating hours of the Aberdeen Area Library, building 3320, are 1 to 5 p.m., Saturday and Sunday and 11:30 a.m. to 6:30 p.m., Monday, Wednesday and Thursday. The Edgewood Area Library is open 11:30 a.m. to 6:30 p.m., Tuesday. For more information, call 410-436-3589.**

The following is a list of some new books available at the APG MWR libraries:

**Command Failure in War: Psychology and Leadership** by Robert Pois and Philip Langer

The authors study seven cases of military command failures including Napoleon in Russia, Robert E. Lee at Gettysburg, the German decisions makers at Stalingrad and the British commanders on the Western Front during the First World War.



**An Alchemy of Mind: the Marvel and Mystery of the Brain** by Diane Ackerman

**The Complete Peanuts: 1950-1952** by Charles M. Schulz



**Understanding Healthcare** by Richard Wurman

**What Every Home Owner Needs to Know About Mold and What to Do About It** by Vicki Lankarge

The library's Website: [www.apgmwr.com/recreation/libraries.html](http://www.apgmwr.com/recreation/libraries.html) provides access to the library's online catalog and also has a complete annotated listing of the library's new material, as well as a list of available films on DVD.

## Essay winner gets Montgomery Gentry wish

Yvonne Johnson - APG News

Morale, Welfare and Recreation announced that Pfc. John Cavanaugh, an Army National Guardsman from Spring Valley, Minn., assigned to Company B, 16th Ordnance Battalion, won first place in the "Why I Deserve to Meet Montgomery Gentry" essay contest.

"I'll probably be a little nervous," Cavanaugh said, when asked how he thought it would feel to meet his musical heroes.

Cavanaugh, surrounded by his squad and drill sergeants, received two tickets to the July 17 concert, a

Meet and Greet Pass, a Montgomery Gentry key chain, their newest CD, "You Do Your Thing," and an autographed T-shirt and hat.

Jeff Temple, chief of MWR and Marni Allison, chief of MWR programs branch, presented the prizes to Cavanaugh at building 3330 July 9.

He said he wrote the essay because, "their music has been a supporter of the military, past and present."

"Country music is a good source of my motivation," Cavanaugh said. "It reflects small town values."



### 'Why I deserve to meet Montgomery Gentry'

*"Country music is a regular part of my routine. It is a source of motivation and a reminder of where I come from. The music of Montgomery Gentry relates to the small town country values instilled in me at an early age. Songs such as "Speed," "Cold one Coming on," "She couldn't change me," "Hell Yeah," and "If you ever stop loving me" give me that inner motivation to show everyone what a country boy can accomplish."*

*"I'd also like to thank Montgomery Gentry for coming to base, and for all their support of service men and women past and present."*

*"This is why I deserve to meet Montgomery Gentry."*

Illustration by  
BLAKE VOSHELL



Dean Crawford

Blue County

Shirley Caesar

Montgomery Gentry

## Concert

From front page

Directorate of Law Enforcement and Security, fans may park anywhere that is not restricted within the concert area.

"They can park pretty much anywhere that is not reserved for the handicapped or otherwise restricted by DLES," said Maj. Joseph Darabasz, chief of Police Services Division.

"The Harford Gate will be open for inbound traffic only, Darabasz said.

"Concert goers are reminded that photographs of installation gate operations are prohibited," said Ken Masoner, deputy provost marshal. "There is no stopping or loitering permitted on the approach to the gates so concert goers should not plan to meet friends there."

In addition, fans are to remain on the concert grounds and not wander the installation. Prohibited areas will be clearly marked and patrolled by DLES police officers.

Also, fans are reminded that vehicles are subject to search

upon entering the installation and that anything that can be used as a weapon, such as glass bottles and pocketknives, is prohibited.

"We want everyone to relax and have a good time but we also have to remain alert to the disruptive element," Darabasz said.

Entry to the installation requires a photo ID for fans 16 and older, and drivers must present a valid license, he added.

Fans may bring blankets and folding chairs, flash cameras, recording devices and pets are prohibited.

These prohibitions apply for both the Saturday and Sunday concerts.

### Local talent to add to Caesar concert

Earlene Allen, MWR senior programmer, said that the addition of local choirs should outshine the Caesar concert that was held in the Post Theater in 2003.

"Shirley Caesar, means so much to so many people, we had to bring her back for everyone who missed her the last time she was here," Allen said.

She said that MWR is fortu-

nate to have the Army Entertainment equipment and personnel who will support both concerts for more than one day.

"Usually they move on to another location but this is the last leg of their tour," Allen said. "Since we can only have her for one day, holding it here gives even more people a chance to see her."

Participating groups and soloists include Pastor Michael German and the Holy Temple Urban Connectional Church Praise Team; the Helping Hands Ministries Voices of Inspiration from Churchville; New Destiny Evangelistic Ministries Gospel Choir from Edgewood; soloists Cheri M. Dupree of Cecil County and Wayne Nichols from the Eastern Shore and a guest host from radio station Heaven 600.

The Rev. Kenneth Steward, St. James A.M.E. Church, Havre de Grace, will host the program.

### Montgomery Gentry

Eddie Montgomery and Troy Gentry, form one of Country music's top duos. Their chart-topping sounds include the current No. 1 hit,

"If You Ever Stop Loving Me," from their CD "You Do Your Thing." Past favorites include "Speed," "Hell Yeah," and "My Town."

"If this new album was part of NASCAR, it would definitely have a #3 on it, 'cause its running wide open," Montgomery said of their fourth CD.

"There's no place we'd rather be than playin' for our friends," said Gentry. "People work 50, 60, 70, hours a week, and they want to come out and have a good time. We want to give it to 'em."

Montgomery Gentry has performed for well over a million fans, opening on Kenny Chesney's "No Shoes, No Shirt, No Problems," tours in 2002 and 2003, and the Brooks & Dunn Neon Circus & Wild West Show in 2001.

This year, they hailed the military with shows at Fort Knox, Ky., Fort Leonard Wood, Mo., and Fort Sill, Okla.

"It goes back to patriotism and not taking our freedom for granted," Gentry said. "We wouldn't have that if not for those who sacrifice to keep our country safe."

Opening the show will be Country's newest duo, Blue County, known for its debut release, "Good Little Girls."

Along with Montgomery Gentry, the group was nominated for Duo of the Year by the Academy of Country Music earlier this year.

### Dean Crawford and Dunn's River to entertain early arrivers

Baltimore's own Dean Crawford and the Dunn's River Band will entertain early arrivers to the Montgomery Gentry Concert in the concert holding area July 17.

The pre-concert begins about 4 p.m.

This is Crawford's second trip to APG. He performed for the 16th Ordnance Battalion during a Salute the Troops Concert at the APG Recreation Center in June 2003.

Since then, Crawford and Dunn's River have taken off. They have opened for notable Nashville entertainers such as Neal McCoy, Buddy Jewell, and Jeff Bates, and they are the top draw at top Country clubs, such as Cancun Cantina, in Hanover; Little Texas, in Dundalk; LA's Crew's Quarters and Pop's Tavern in

Essex; and Red Dawg's Bar and Grill in Highlandtown.

Most recently, Dunn's River was the sole performer for the Maryland Special Olympics at the University of Maryland in College Park, June 5; at the Savage Mills Festival, June 6; and for the 4th of July celebration at the Eastern Yacht Club. DeeJay NITEAL, of 90.5 FM debuted Crawford's soon to be released CD, "Red-Blooded American Boy," on his radio show June 27, after the band opened for the Platters Concert at Patapsco Arena, June 26.

"I went to cover an oldies show and a Country singer got all the attention," NITEAL said. "The way he connects with the audience is something else. He's an awesome performer who's really fun to watch."

Crawford has written more than 300 songs, some of which have received airplay on WPOC 93.1 FM in Baltimore.

His CD of 13 original songs, debuts July 25. For more information, visit Crawford's Web site, [www.simplydean.com](http://www.simplydean.com).





Story and photo by  
**Meghan Bowen**  
APG News

Illustration by  
BLAKE VOSHELL

Music cascaded over the outdoor deck of the Main Street Tower in Bel Air July 8 as Master Sgt. Louie Marohombsar serenaded evening diners.

“My gift is my song and this one’s for you,” sang Marohombsar from Elton John’s ballad “Your Song.”

Marohombsar, who works

with the Guardian Brigade Chemical, Biological, Radiological, Nuclear, Explosives Tactical Augmentation Cell in the Edgewood Area of Aberdeen Proving Ground, chose a 2004 Ovation shallow-bodied acoustic that he calls ‘Catherine’ from his collection of 19 guitars to play at the Tower.

“Louie” as the patrons know him, has been performing under the purple and yellow lights of the Tower in his spare time since May 2003, except for a six-month period from September 2003 to April 2004 when he served in Baghdad, Iraq.

“We’re deployed worldwide for consequence management

in the war against terror,” said Marohombsar.

But music, according to Marohombsar, is what he “loves to do.”

He selected songs from a large three-ring binder with red, yellow and green tabs that sat on a stand and sang music from varied genres like ‘70s classic rock, ‘60s tunes, and modern alternative and country ballads.

“He knows over 2,800 songs and could go six hours without taking a break,” said Master Sgt. Don Jones, Marohombsar’s music manager and fellow Guardian Brigade and CBRNE TAC member.

“You’ve got to have variety when you play; you’re not just playing for yourself, you’re playing for your customers,” Marohombsar said.

Marohombsar sang for about four hours straight.

Marohombsar dedicated Lee Greenwood’s “I’m Proud to be an American” to a young Marine in his dress uniform.

He also took requests from the crowd, which included “Wonderful Tonight” by Eric Clapton, “Blackbird” by the Beatles, “Time of your Life” by Green Day, “Fire and Rain” by James Taylor, “Friends in Low Places” by Garth Brooks and the guitar version of Billy Joel’s “Piano Man.”

“I thank you from the bottom of my heart,” said Marohombsar as the audience applauded and dropped tips into a black barrel on a stool near his music stand.

“Besides the Tower, he plays

at lots of parties in the area,” Jones said.

Jones and Marohombsar met on Sept. 11, 2001 while in Technical Escort School, and they were reunited while working at APG.

Jones, who is originally from St. Louis, Mo., has been managing Marohombsar’s music for about the past nine months, he said.

Marohombsar has been playing guitar since “he was a kid.” His main musical influences are Eric Clapton, James Taylor and Jim Croce.

Marohombsar, who was born in the Philippines, is also fluent in three languages, which include English, Spanish and Filipino.

“Louie speaks three lan-

guages, well four if you count the language of music,” Jones said.

Besides performing at the Tower, Marohombsar will also be playing at a benefit for ‘Annie’s Playground’ at the La Chic Salon Cut-a-Thon in Bel Air July 17.

Proceeds will be donated to the ‘Annie McGann Cumpston Play-ground Foundation,’ a nonprofit organization founded in memory of the 6-year old Harford County resident who was killed by a drunk driver as she was leaving the circus with her family in Baltimore City, according to <http://www.annies-foundation.org>.

For more information about Marohombsar’s music, contact Jones at 314-306-7507.



*Master Sgt. Louie Marohombsar, who works with the Guardian Brigade Chemical, Biological, Radiological, Nuclear, Explosives Tactical Augmentation Cell in the Edgewood Area of Aberdeen Proving Ground, performs acoustic rock music at the Main Street Tower July 8.*

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## Army focus

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*From front page*

row houses, we’re building communities,” Prosch said.

“We have put an equity investment of \$335 million into RCI, and our private partners have been able to borrow \$7.2 billion. We would not have been able to obtain that type of money through military construction dollars from Congress.”

Other future plans to improve billeting on post are to spend \$1 billion to upgrade lodging facilities for Soldiers who are on temporary duty or in-processing and to upgrade the barracks for Soldiers who are deployed.

“When Soldiers come home from a deployment, we want to make sure they see improvements,” Mason said. “A time schedule is being reviewed, but it has not been determined if the renovation will take place for the Soldiers who are participating in the second rotation of Operation Iraqi Freedom and the fifth rotation of Operation Enduring Freedom.”

Installations must be resourced to be holistic communities and secure sanctuaries, but also deployment platforms with robust reach-back capabilities, officials said.

The Army exists to fight and win wars, Prosch said. The job of ACSIM is to ensure that the installations have the resources to deploy its active-duty, and mobilize and demobilize its reserve troops, he said.

“There is currently a plan to revise the number of mobilization sites, Mason said.

“We do not want our installations to be choke points for mobilizing troops,” Mason said. “Our goal is to design an area that will house all the organizations that fall under the deployment process.”

“Deploying Soldiers is one of our focuses, but training is also an installation’s core,”

Mason said. “Ranges will evolve from single-use, stand-alone platforms to be able to support both individual and collective training simultaneously.”

Mason said Soldiers should start to see more live and virtual training in fiscal years 2007 or 2008. With the Installation Management Agency focusing on the post facilities, commanders can focus on training and war fighting, Mason added.

While Soldiers are training for a war, ACSIM will continue to outsource non-war-fighting functions, such as utilities, to private industry because they have the expertise and money, Prosch said.

As of Oct. 1, funds for installations started going directly to the garrison commanders to be used for their intended purposes, instead of being funneled down through major commands, Prosch said. Installations may find that they still don’t have enough money. But, at least the money will be accounted for, and it will be easier to justify to the Office of the Secretary of Defense and Congress why more money is needed, he said.

IMA has seven regions, but there is only one banker, Prosch said. The IMA headquarters is located in Virginia, and there are four regions located stateside and three located overseas.

“In the year that we’ve been open, we’ve been able to save money and get a standard quality of work by obtaining contracts to cover whole regions,” Prosch said. “We’ve regionally contracted security guards, furniture renovation and building demolition as examples.”

Army leadership knows the importance of installations, Mason said. The changes that are taking place are not merely enhancements or band-aid fixes, he said. New and fresh approaches are being taken to make installations efficient and effective worldwide, Mason added.